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**TAMING THE
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FRUSTRATED DAD'S
VIRAL SENSATION {page 12}



PINNED

CLOONEY'S NEW FLAME IS AN EX-WRESTLER {page 9}



EDMONTON

metro®

Monday, August 8, 2011
www.metronews.ca



News worth sharing.

Hitting nothing but high notes

► Director touts this year's festival among top in event's history ► Performers draws record crowds, rave reviews

SHELLEY WILLIAMSON/METRO

As curtains close on another folk fest, organizers and music fans are singing its praises.

Edmonton Folk Music Festival director Terry Wickham is calling it a success.

"The weather was good, the side sessions went well and all the performers showed up," he noted.

Perhaps the only glitch was callers crashing the phone lines when ticket sales began in June.

"We won't sell tickets by phone again," said Wickham. "We will leave that to Ticketmaster."

But folk lovers did net more chances at the sold-out fest this year due to the high demand for four-day passes, he said.

Highlights yesterday included a packed workshop with Serena Ryder, Jeremy Fisher, Brandi Carlile and Deer Tick.

But the finale, opened by Andrew Bird, with k.d. lang headlining, was the fan favourite.

"Absolutely fabulous," said Christina Rivera Garcia, a 20-year EFMF veteran attendee.

First-timer Marilyn Hain said she was there for one act.

"K.d. lang. She has such a beautiful voice," she said.

● SHELLEY WILLIAMSON



► Jeremy Fisher performs as part of a packed afternoon workshop hosted by Serena Ryder yesterday at Gallagher Park, on the final day of the 31st annual Edmonton Folk Music Festival.

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1
news

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On the web at
metronews.ca



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Youth complete 300-km trek to raise money for famine

Seven Somali cousins from Calgary made it to Edmonton yesterday after a more than 300-kilometre trek on foot.

At last check, the cousins had brought in more than \$15,000, with donations still coming in.

Every dollar is being matched by the federal government, said Filsan Abdi.

When her cousins asked her to participate in Step UP for Somalia, a fundraising effort for the current famine, Abdi said it was a

"no-brainer," adding being greeted in Edmonton by a crowd of young Somalis made the trip worthwhile.

● KATIE TURNER



For more local news visit metronews.ca/edmonton

HIV-positive teen located in Edson

Edmonton police have charged an HIV-positive 17-year-old female with two counts of aggravated sexual assault.

Police issued a public safety warning on Friday after obtaining a court order to release the teen's

name and photo, after reports she had allegedly engaged in unprotected sexual intercourse with a number of partners without disclosing her status as being HIV-positive, which is a criminal offence.

Police said the warning also resulted in another complainant coming forward. Additional charges are pending.

● METRO

Festival to keep music alive

► Funding almost in place for full-fledged music program for underprivileged, at-risk youth



HEATHER MCINTYRE
@METRONEWS.CA

For most Edmontonians, it will be the closest thing to Woodstock they'll experience.

But for a group of disadvantaged children and teens, the Edmonton Rock Music Festival means more than great tunes.

Proceeds from this year's festival, to be held Aug. 12 and 13 at Hawrelak Park, will go to the Rock and Roll Society of Edmonton's Centre for Art and Music.

"We're \$25,000 away from having all the money we need to finish building out the facility and bringing in the first conservative 100 kids," said Carson Cole, a local musician and the centre's executive director.

When finished, the new space at 96 Street and 106 Avenue will have five studios and a capacity for 100 students for 10-week ses-

Tickets

► **Taking over.** Performers Jefferson Starship, Big Brother & The Holding Company, Canned Heat, Gerry Doucette, Sweet, Nick Gilder & Sweeney Todd, along with many more, will take over the Heritage Amphitheatre on Aug. 12 and 13.

sions, which cost \$300 per head.

Cole is confident the remaining money needed to operate for two years will be raised so the program can begin in September.

The new students will be from St. Alphonsus School, Yellowhead Youth Centre and referred from Catholic Social Services.

A total of 21 kids were put through the pilot version of the program between April and July. They produced a nine-song CD and YouTube videos.



► Carson Cole, executive director of the Centre for Arts and Music, unloads equipment at the new studio.

HEATHER MCINTYRE/METRO

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Riots rage a second day in London

► Looting, arson, violence in wake of fatal police shooting Saturday
► North London area smoulders

Police deployed extra officers on London streets yesterday to prevent a repeat of Saturday's violence in north London's Tottenham area, which appeared to be quiet last night.

But disturbances broke out in Enfield, about eight kilometres north of Tottenham. TV footage showed riot and mounted police patrolling the streets, and there were also images of smashed shop windows and police with dogs detaining at least one man.

Social networking websites swirled with rumours of other riots beginning or being planned.

The violence has cast a pall over a city preparing to host the 2012 Olympic Games. **THE ASSOCIATED PRESS**

Saturday's rampage

- The protest against the death of Mark Duggan, a father of four who was gunned down in disputed circumstances Thursday, was initially peaceful.
- It got ugly as 300 to 500 people gathered around Tottenham's police station.
- Some protesters filled bottles with gasoline to throw at police lines, others confronted officers with makeshift weapons.
- Police in riot gear and on horseback clashed with hundreds of rioters, fires raged out of control and looters combed the area.
- Police said 26 officers were injured, and they made 55 arrests.

► A firefighter stands near the smouldering remains of a burnt-out building after riots on Tottenham High Road yesterday in London.



Bloodiest week in Syrian protests

Syrian troops fired on mourners at a funeral and raided an eastern city yesterday, killing at least 59 people in an intensifying government crackdown on protesters. Outrage was intensifying as well: Syria's Arab neighbours forcefully joined international condemnation against

President Bashar Assad's regime for the first time.

Even the king of Saudi Arabia — whose country does not tolerate dissent and lent its military troops to repress anti-government protests in neighbouring Bahrain — harshly criticized the Syrian government and said he was recalling his ambassador in Damascus for consultations.

More than 300 people have died in the past week, the bloodiest in the five-month uprising against Assad's authoritarian rule, since the regime stepped-

up the crackdown on the eve of Ramadan.

The government's crackdown on mostly peaceful unarmed protesters demanding political reforms and an end to the Assad family's 40-year rule has left more than 1,700 dead since March, according to activists and human rights groups. Assad's regime disputes the toll and blames a foreign conspiracy for the unrest, which at times has brought hundreds of thousands of protesters into the streets.

THE ASSOCIATED PRESS

News in brief

Underfed baby will live: Doctors

DADAAB, KENYA. Only 10 days ago, Minhaj Gedi Farah was too weak to cry and his skin crumpled like thin leather under the pressure of his mother's hands. Now doctors say the severely malnourished



seven-month-old Somali appears out of danger of joining the more than 29,000 children who already have died in the famine.

THE ASSOCIATED PRESS

Bomb hoax at Colosseum

ROME. A suspicious device that forced the evacuation of the Colosseum yesterday turned out to be a false alarm, Rome's mayor said.

The site was evacuated about an hour before its scheduled close after

tourists saw a suspicious device. A bomb squad detonated the device, news agency ANSA said.

THE ASSOCIATED PRESS

Man killed seven: Police

COPLEY TOWNSHIP, OHIO. Police say a man went on a neighbourhood shooting rampage, killing seven and leaving victims in three homes before being shot and killed in a gunfight with a police officer and a former officer.

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News in brief

Cardiologist punished for bad texts

A Vancouver cardiologist has been suspended for three months and fined \$2,000 after admitting to sending inappropriate text messages to a patient last fall.

Dr. Alnoor Hassanali Karim Abdulla sent text messages following an appointment with a patient in October where the tone and content "could be reasonably perceived as demonstrating a personal interest beyond a professional relationship," the College of Physicians and Surgeons of British Columbia said in a statement.

His suspension began Aug. 2.

● PHYLICIA TORREVILLAS

Warning issued for mussels

The Canadian Food Inspection Agency (CFIA) is warning the public not to consume certain mussels that may contain Diphtheria Shellfish Poisoning (DSP) biotoxin.

The affected mussels were harvested in British Columbia by Island Sea Farms Inc. between July 19 and Aug. 2.

THE CANADIAN PRESS

Man survives fall at party

A 21-year-old man has survived a six-storey fall from an apartment building balcony in Burlington, Ont.

Police say the man and his girlfriend attended a party at the apartment.

Officers are investigating an allegation that the man assaulted the host of the party just before he fell.

THE CANADIAN PRESS

CIA kept eye on Canada

▶ Declassified records show interest in economy, mining during Cold War

The CIA secretly painted Pierre Trudeau as a politician torn between being a leader of the Third World and a genuine player with global industrialized nations, declassified records show.

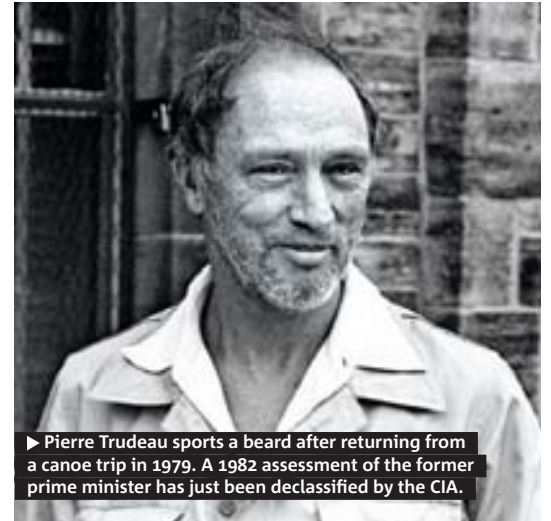
The January 1982 assessment of the Liberal prime minister's ambitions is among several detailed — and until now virtually unknown — analyses of the Canadian economy by the U.S. Central Intelligence Agency.

Through the U.S. Freedom of Information Act,

The Canadian Press obtained more than a dozen CIA reports that explore various aspects of Canadian commerce, industry and technology during the Cold War era.

CIA analysts pored over almost every available map of Canada, scrutinized Canadian mineral production, pondered Japanese interest in Alberta's tarsands, catalogued shipping trends and kept an eye on Canadian dealings with the Communist world.

THE CANADIAN PRESS



▶ Pierre Trudeau sports a beard after returning from a canoe trip in 1979. A 1982 assessment of the former prime minister has just been declassified by the CIA.

Memo forecasts tarsands pollution

Long before Canada's western tarsands became familiar to the world, the CIA recognized the "enormous

amounts of oil" along the Athabasca River, probing possible Japanese interest in the deposits in a 1972

memorandum.

A 1974 memo forecasts environmental concerns: "The pollution issue and

opposition to defacing Alberta's landscape may arise but has not as yet."

THE CANADIAN PRESS

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The Renovation Store: 12049 - 127 St
Variety Dollar: 3427 - 118 Ave
Your Mobile: 11729 Jasper Ave

ADRIAN WYLD/THE CANADIAN PRESS

► The biz from Brazil: Stephen Harper departs yesterday for a six-day tour of Central and South America to drum up business for Canada.






PM on tour for trade

- Stops in Brazil, Colombia, Costa Rica and Honduras
- Canada-Colombia free-trade deal in effect Aug. 15

Prime Minister Stephen Harper left yesterday on a six-day swing through Latin America — first stop, Brazil, the world's seventh-largest economy. Harper's main goal is to boost trade between that country and Canada, but he will also talk about security in the region.

Harper is trying to cement trade ties with Latin America and the Caribbean. An April 2009 diplomatic cable from the U.S. embassy in Ottawa, published by WikiLeaks, suggests the prime minister believes Canada could hold more sway with the United States if his country had strong relations with other countries

Market moment

TSX	Dollar
	
- 217.96 (12,162.17)	+ 0.15¢ (102.24¢ US)
Oil	Natural gas
	1,000 cu ft
+ 25¢ (\$86.88 US)	\$3.956 US (+ 1.5¢)
	Gold contracts
	\$1,651.80 US (- \$7.20)

PERCH AS OF 9 P.M. EDT

favourably impressed by Australia's ability to exert outsized influence with the U.S. in particular — and other powers as well — by emphasizing its relations in its own neighbourhood," the cable says, referring to a conversation with a senior Foreign Affairs official.

"PM Harper hoped to gain similar benefits for Canada by increased attention to Latin America and the Caribbean."

The Canadian government has been in free-trade talks for a decade with the so-called Central American Four, consisting of Honduras, El Salvador, Guatemala and Nicaragua.

THE CANADIAN PRESS

in the region.

"Harper had long been

High hopes for U.S. trade bills

The U.S. Congress is set to approve three big free-

trade agreements and the most significant overhaul of the patent system in 60 years when lawmakers return to work after Labour Day.

The main intent of the patent bill is to ease a backlog of 1.2 million

pending patents, while the trade deals with South Korea, Colombia and Panama could lead to the creation of at least 70,000 new jobs. Both the trade and patent measures have bipartisan support.

THE ASSOCIATED PRESS

News in brief

Bond plan to aid Italy, Spain

DEBT CRISIS. The European Central Bank says it will "actively implement" a bond-purchase program that could boost Spanish and Italian bonds and drive down interest yields that threaten the heavily indebted countries' budgets.

That could help Rome and Madrid fend off market trouble until a eurozone bailout fund is approved to help them. Italy and Spain are trying to avoid financial collapses like those that have forced Greece, Ireland and Portugal to seek bailout loans.

Responding to market pressure, Italian Prime Minister Silvio Berlusconi promised on Friday to balance the country's budget by 2013, a year early, and

to bring forward a constitutional amendment requiring the government to balance its budget.

Italy has debt equivalent to 120 per cent of economic output, the second highest in the eurozone behind Greece.

THE ASSOCIATED PRESS

Democrat slams 'tea party downgrade'

U.S. CREDIT RATING. Senior presidential adviser David Axelrod blamed the downgrade of the U.S. credit rating on tea party Republicans, whom he said were unwilling to compromise on how to reduce the federal debt.

Axelrod said yesterday that the decision by Standard & Poor's to downgrade the U.S. from AAA to AA+ was strongly influenced by weeks of standoff between Democrats and Republicans. He called the action "a tea party downgrade" brought

on by lawmakers who were willing to see the country default to get their way.

Meanwhile, former Federal Reserve chairman Alan Greenspan said he expects the stock-market slide to continue in the wake of the downgrade, but added he doesn't see any risk in investing in the U.S. and S&P's action won't change that.

He also said that while the downgrade "hit a nerve," he can't foresee a scenario in which the U.S. will default on its debts.

THE ASSOCIATED PRESS

Verizon workers walk out

TALKS STALL. Some 45,000 Verizon Communications workers in the U.S. went on strike yesterday after talks fizzled over a new contract for more than one-fifth of the company's workforce. Verizon is the largest wireless carrier in the U.S. THE ASSOCIATED PRESS



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If you have ever wondered what difference architectural controls can make to the quality of life in a city, take a walk along Rice Howard Way. In the stretch from Jasper Avenue to the parkade, you'll find a new Mexican restaurant, a Vietnamese sandwich store and a Greek Restaurant.

The Greek restaurant has been there a while; the other two food outlets are new.

On a sunny day like last Friday, there are lineups at all three.

Unfortunately, there's not enough sidewalk space to create much outdoor seating. That's too bad, because after months of staying inside during our winters, we like to eat outside in the summer, and there are few places to do so in the downtown.

"Unfortunately, there's not enough sidewalk space to create much outdoor seating. That's too bad, because after months of staying inside during our winters, we like to eat outside in the summer, and there are few places to do so in the downtown."

This small area could be turned into a nice little eating street if it were not for two things.

The first is that cars use it to get onto Jasper Avenue.

That could be easily changed, however.

Cars exiting the parkade have other options.

The second reason is a result of the kind of short-sightedness that has plagued this city and kept it from becoming a way cooler place to live.

The ground floor of Scotia Place is on the side of the street opposite the restaurants.

It is nothing but sterile stone and glass. If the building had been required

to put retail on the ground floor, I suspect there would be restaurants there, too.

...

This is a shout out to Chantelle at the City of Edmonton. She answers the city's 311 line.

The other day, a friend of mine called looking for an answer to a pressing question. One wasn't readily available, but that did not deter Chantelle.

Instead of just providing yet other number to call, she took it upon herself to call several city departments trying to find the information my friend needed. This took about 20 minutes and my friend was on hold the whole time.

But Chantelle kept her apprised of what was going on each step of the way. What Chantelle did was an example of customer service at its best. You could argue Chantelle was just doing her job, but in this age of automatic-attendant-press-1-for-service-in-English hell, actually talking to a human being is rare enough.

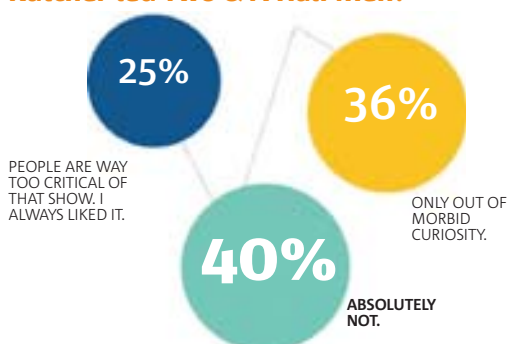
Finding someone with the kind of commitment to customer service Chantelle exhibited is even less common. Good on you, Chantelle.

And sorry if I have misspelled your name.



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Will you be watching the Ashton Kutcher-led Two & A Half Men?



Worth Mentioning

STEM CELLS. A team of scientists has reported producing viable sperm using the stem cells of mice in an experiment that researchers hope could one day lead to treating infertile men.

The Kyoto University researchers managed to induce mice stem cells into creating sperm precursors, which were transplanted into infertile male mice. The mice then produced sperm that was successfully used to fertilize eggs in a lab dish.

The offspring were healthy and fertile, according to a paper published online in the scientific journal *Cell*.

Members of the research team, led by Mitinori Saitou, said they believe their success may help in the development of infertility treatments in humans.

Experts outside the group say it's an important first step toward infertility treatment although there would be a long way yet to go.

"This is a very good experiment for thinking about treatment of infertile man but a very very long way," said Toshio Suda, developmental biology professor at Keio University.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Off-the-rack performance enhancement?

Baseball seems to have come through its Steroid Era and is now apparently trying to avoid a Mammal Era.

Officials have warned players in both the major and minor leagues to stop using deer antler spray because it could be construed as a performance-enhancing drug.

The substance is taken from the antlers of young deer, ground up and manufactured into a spray which is in-

gested under the tongue.

According to Sports Illustrated, the velvet from young deer antlers contains an "insulin-like growth factor, which mediates the level of human growth hormone in the body."

IGF-1 has been banned by, among other groups, the World Anti-Doping Agency because one of its uses is to build muscle and cut fat.

Major league baseball, with a recent history tainted by tawdry stories of hitters and pitchers juicing to become stronger and faster, banned one specific brand because, according to Sports Illustrated's report, it has "potentially contaminated nutritional supplements," namely methyltestosterone, a banned steroid.

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Mill Woods Town Centre
Northgate Centre
Northgate Centre (kiosk)
Sherwood Park Mall
South Edmonton Common
South Park Centre
Southgate Mall (kiosk)
St. Albert Trail at 137 Ave.
West Edmonton Mall
West Edmonton Mall (kiosk)
Westmount Centre
Whyte Avenue at 107 St.

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GRANDE PRAIRIE

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LEDUC

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LLOYDMINSTER

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2
scene

Box office

Apes have climbed to the top rung of the weekend box office. According to studio estimates Sunday, *Rise of the Planet of the Apes* took in \$54 million to open as the No. 1 movie.

THE ASSOCIATED PRESS



Scan this code to find out if *The Twilight Saga* once again clawed the competition at last night's Teen Choice Awards.



► Bryce Dallas Howard, seated centre, stars in *The Help*.

Howard needs no help

- Despite her famous roots, Bryce Dallas Howard remains down to earth
- Actress plays wealthy Mississippi socialite Hilly Holbrook in *The Help*



**RICHARD
CROUSE**
SCENE@METRONEWS.CA

At the beginning of my interview with Bryce Dallas Howard she does something I've never experienced before in a celebrity sit-down. Curled up on a couch in Toronto's Park Hyatt Hotel, the star of

The Help does something really un-celebrity-like — she offers to hold the microphone I'm using to record our chat.

It's a small thing, but it goes a long way to creating a portrait of the down-to-earth Golden Globe nominee, who is best known for roles in blockbusters like *Spider-Man 3*, *The Twilight*

Saga: Eclipse and *Terminator Salvation*.

Surrounded by celebrity from birth — her father is TV icon Ron Howard — she has observed stardom up close and has strong opinions about fame.

"It's weird that we expect celebrities to behave like they're so entitled," she says. "I think it's be-

cause a lot of celebrities do, and that's just absurd."

This is coming from someone whose godfather is Henry Winkler.

When I ask if fame is important to her personally she is quick to answer.

"No. Not at all. One of the things I feel most grateful for is that I don't live the life of a famous person."

Howard on Holbrook

"She's an adult woman who is still behaving as though she's in high school. I think that at that time women didn't have that much power so that dynamic was very present because that was a way in which women kept control in society, whereas now it's much different and those kind of women don't need to act out in that sort of way."



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Hot ex-wrestler pins down George Clooney

► From brunette to blonde: One of Hollywood's most eligible bachelors rebounds nicely ► Pair plans to keep relationship private, says source

George Clooney is reportedly rebounding from Elisabetta Canalis with ex-wrestler Stacy Keibler, according to Us Weekly.

"It's more than just a fling," a source says of the pair, who have known each other for about four years.

"They're basically exclusive at this point. They like each other's sense of

humour. Obviously they're both physically attracted to one another."

But the new couple apparently plans to keep things private when it comes to their relationship.

"I don't see her hitting any of the red carpets with him," the source adds.

● METRO



► Stacy Keibler



► George Clooney

ALL PHOTOS GETTY IMAGES



► Denise Richards

'I did not steal someone's husband': Denise Richards

Denise Richards is using the press tour for her new memoir, the Real Girl Next Door, to clear up a few things about her past relationships — specifically, that she did not steal Richie Sambora from Heather Locklear.

Richards says that she and Sambora "were friends and we were both going

through divorces, and that's what drew us to each other," according to Hollyscoop.

"I did not steal someone's husband. Did I date a former friend's ex-husband? Yes. Did I break up a marriage? No."

Richards started dating Sambora shortly after he divorced Locklear.

And besides, Richards insists there was no friendship with Locklear to ruin at the time.

"If I was still friends with her, that never would have happened with Richie," she says.

"There was no friendship anymore prior to Richie and I getting together." ● METRO

Divorce drama

J.Lo fights to keep twins

CUSTODY BATTLE. The "amicable" part of Jennifer Lopez and Marc Anthony's split is apparently done, as the inevitable custody battle has reportedly gotten underway with Lopez looking for sole custody of their infant twins, according to Us Weekly.

"They are always with their mom. Jennifer lights up around her kids. She's incredible, balancing work and being a good mom," a source says. ● METRO

The comeback trail ain't easy

MOVING ON AFTER HOUSE ARREST. Lindsay Lohan's plans for a big comeback with a role in the upcoming John Gotti biography aren't coming together as cleanly as previously thought, according to TMZ. "The producers of the film and Lindsay's representation have not



Lindsay Lohan

Celebrity tweets



"Just realized I may have more framed pictures of pets than socially acceptable..."
@chriscolfer



"Somehow a double-A credit rating seems more American anyway."
@SethMacFarlane



"Today was the first time i parked in my reserved parking spot on Universal lot in 8 years!"
@EvaLongoria



"u know it's gonna b a good show when someone brings u rain-bow colored rice krispie treats."
@katperry

Amy's legacy goes beyond her music

Amy Winehouse's family is reportedly planning to turn her \$4 million north London home into a rehab centre and the offices of the Amy Winehouse Foundation, according to the Sun.

"They don't want to rent it out and if they sold it they think it could attract the wrong kind of buyer as it was where Amy passed away," a source says.

"Everyone is united in making it a success — the label, her family, friends and management. (Her father) Mitch (Winehouse) has big plans and needs a nice environment where employees will be able to



► Amy Winehouse

carry out their work properly."

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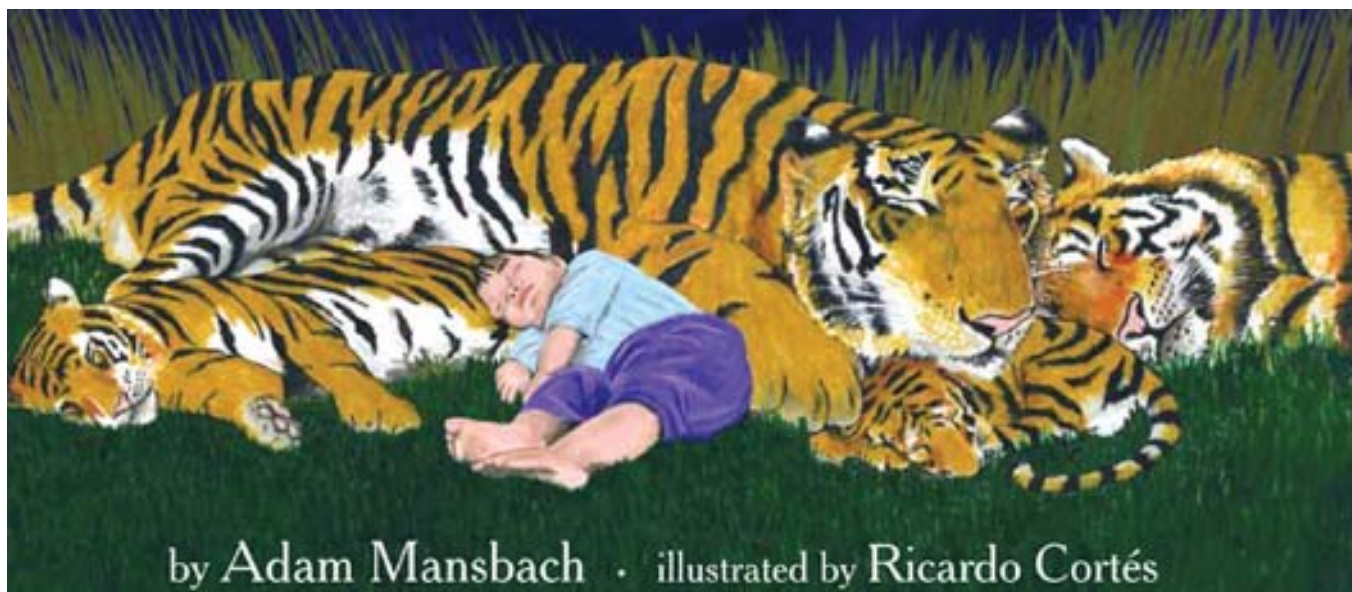


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An honestly funny book

► After it went viral online, the children's book *Go the F— to Sleep* became a bestseller — before it was even released ► Metro sat down with the author to talk about the sensation



DOROTHY ROBINSON

METRO WORLD NEWS

When novelist Adam Mansbach's baby daughter Vivian wouldn't go to bed, he took the phrase that ran through his head and decided to set it to a poem. He got his friend Ricardo Cortés on board to illustrate, and the result, the children's book *Go the F— to Sleep*, is now the publishing success of the year. Produced by the small Brooklyn press Akashic Books, the title reached No. 1 on the New York Times bestseller list — before it was even published.

With 400,000 copies of the book in print, Mansbach is just as surprised as you.

Can you give readers a little backstory on the huge wave of popularity for the book?

I gave a reading from the book on April 23, months before it was to be published in October, just to try it out. It was at this art salon in Philadelphia and I was the last one to go on. I read after this 97-year-old tap dancer, which is a tough act to follow. The reaction was so strong. People asked me about the book and I said they could pre-order it on Amazon. The next morning, I thought to check it and be-

fore that reading we didn't even have an Amazon ranking, and when I checked it, it was at 125. I write novels — if they hover around the thousand mark when they're published, that's respectable.

So from that Amazon ranking, it just picked up.

Right. The first wave of media followed and all they had to go on was a cover and a sample verse but it obviously hit a chord. Then PDFs we sent out to book-sellers leaked and they started ricocheting on the Internet. I've talked to people who told me they got the forward of the PDF 50 times. It was

just all over in a crazy way. People thought it was part of a brilliant marketing campaign. Meanwhile, I was trying to file cease and desist orders.

Do you think anyone will actually read it to their baby?

I certainly hope not. I'm getting tons of e-mails saying they are going to give it as a baby shower gift or a Father's Day gift. People even tell me they are buying it for their kids to give to them when they're older, when they have their own kids so they know what they went through.

Are you doing a second book?

It's certainly tempting. But

I don't want it to be a crappy book just to keep this thing going. This is good because it's an original idea. Some people are like, 'Why don't you do *Eat Your Fu—ing Vegetables?*' And I'm like, 'That's kind of funny but I don't know if that's a whole book.' I want to reinvent something. But we are doing a G-rated version of the book. Johnny (the book's publisher) has a five-year-old and a three-year-old. And he read it to his kids — he censored it while he went — and his kids thought it was hysterical. Kids get it — they know they are pulling all this s— on us.

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Lemony summer pasta

► This dish uses lemon juice & fresh herbs to take flavour to another level

Fresh pasta coated with cream, cheese and fresh-from-the-garden herbs makes a spectacular and refreshing light side dish or entrée. Fresh herbs are essential in this recipe to give it full flavour.

Preparation:

1 In skillet, combine butter and sage; heat over medium-high heat, stirring constantly until butter melts and sage starts to sizzle. Add garlic; sauté for about 1 minute or until butter and garlic start to brown. Gradually pour in vegetable broth, cream and lemon juice; cook, stirring occasionally, for about 3 minutes or until slightly thickened. Stir in ricotta cheese and cook, stirring, until combined. Remove from heat.

Ingredients:

- 50 ml (1/4 cup) butter
- 30 ml (2 tbsp) chopped fresh sage
- 15 ml (1 tbsp) crushed garlic
- 175 ml (3/4 cup) vegetable broth
- 375 ml (1 1/2 cups) 35 per cent whipping cream
- 30 ml (2 tbsp) fresh lemon juice
- 250 ml (1 cup) fresh or frozen small green peas
- 250 ml (1 cup) ricotta cheese
- Salt and freshly ground pepper, to taste
- 500 g (1 lb) fresh linguini
- 125 ml (1/2 cup) grated Parmesan cheese
- 50 ml (1/4 cup) finely chopped fresh basil or mint

2 In a large pot of boiling salted water, cook pasta



► This recipe makes four main dishes or six side dishes.

according to package directions or until desired doneness. Drain.

3 Add pasta to cream sauce in pan; toss to coat. Sprinkle with

Parmesan and basil; toss to coat. Season with salt and pepper. Serve..

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Rocco DiSpirito's healthy fried chicken

Preparation:

1 In bowl, place sliced red onion. With fine grater, zest skin of 1 lime over onion. Slice zested lime as well as three additional limes in half, then squeeze juice over onion. Add pinch of salt, then mix. Submerge onion in juice; use squeezed limes as a weight to push down onions sticking out of juice. Cover onion with a tight-fitting lid and refrigerate. Marinate onion in juice for as long as possible, at least 15 minutes or 3 days.

2 Pour oil into large heavy pot. There should be at least 5 cm (2 inches) of oil in pot. Clip deep-frying thermometer to the side of pot according to

the manufacturer's directions. Set heat to medium and heat oil to 200 C (400 F). Do not cover pot.

3 Cut each chicken thigh into 4 to 5 even chunks. Arrange chunks on a microwave-safe plate and season both sides with pepper and 3 ml (1/4 tsp) of the Adobo powder. Microwave on high for 1 1/2 minutes. Turn each piece of chicken over, then microwave on high until chunks are just cooked through, about another 1 to 2 minutes, depending on microwave. Let cool.

4 In bowl, place egg whites and beat with fork until just foamy, about 1 minute. In a

separate wide and shallow bowl, combine remaining Adobo powder, paprika, cornmeal and flour. Add chicken pieces to egg whites and toss to coat.

5 One at a time, lift chicken pieces from egg whites and transfer to flour mix, turning each to coat thoroughly. Let chicken sit in one layer over flour mixture. Wash and dry hands thoroughly prior to assembling salad.

6 Place iceberg chunks in a bowl and add cherry tomatoes. Drain lime juice from onions (reserving juice) and add onion, dash of salt and 30 ml (2 tbsp) of the reserved lime juice to

lettuce and tomatoes. Toss to dress. Divide salad among 4 serving plates. Divide avocado.

7 Working in 4 batches, fry chicken pieces in oil un-

til deep golden brown, about 12 seconds. Using metal tongs, remove chicken from oil and transfer to plate with paper towels to drain any excess oil.

8 Divide chicken among salads, then top each with 4 sprigs of cilantro. Slice remaining lime into 4 wedges and serve one with each salad.
THE ASSOCIATED PRESS

Ingredients:

- 1 small red onion, halved and thinly sliced
- 5 limes, divided
- Salt
- 2 l (8 cups) grapeseed oil
- 500 g (1 lb) boneless, skinless chicken thighs

- Ground black pepper
- 37 ml (2 1/4 tbsp) Goya Adobo seasoning, divided
- 2 egg whites
- 37 ml (2 1/2 tbsp) sweet Hungarian paprika
- 50 ml (1/4 cup) finely ground yellow cornmeal
- 175 ml (3/4 cup) whole-

- wheat flour
- 1 l (4 cups) chunked iceberg lettuce (5-cm/2-inch pieces)
- 16 cherry tomatoes, quartered
- 1/2 ripe Hass avocado, peeled and cut into 8 chunks
- 16 sprigs fresh cilantro

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BEN KNIGHT
GREEN@METRONEWS.CA

Books are made of paper. Paper comes from trees. So how can a major book publishing company become environmentally friendly?

Scholastic Canada is one of this country's largest publishers — and distributors — of children's books and educational materials. The company has recently undertaken a broad range of eco-friendly initiatives, covering everything from the paper they use to the trucks that deliver their products.

"Books are not disposable or consumable products, used once and then thrown in the trash," says Wendy Graham, Scholastic's vice-president of education. "They are treasured, kept, shared, read and re-read, in homes, schools and libraries. Books, especially children's books, are very



► E-books and other digital platforms can pose environmental problems by using non-renewable resources.

much re-used, and are also recyclable when they are worn out."

Adhering closely to guidelines from the Forest Stewardship Council (FSC),

Scholastic has set some ambitious environmental standards. FSC paper is

Statistics

By the numbers

► **Purchases** According to the most recently available census data, Albertans spend an average of \$42.54 a year on books (excluding school texts). That's a total of \$140-million across the province. Ontario leads the country (\$610-million), while Prince Edward Island spends the least (\$4.2-million).

used whenever possible, and use of recycled materials is being pushed to the practical maximum.

"In whatever form we are producing books, we need to make sure that they are environmentally responsible and affordable for the masses," Graham says.

That's important, because newer publishing formats — e-books and

other digital platforms — can also pose significant environmental problems.

"We need to realize that dedicated e-readers and the other small electronic devices on which digital books are read are created made from non-renewable resources: plastics, rare earths and other metals," notes Graham. "They are not easily recyclable when shiny new models come along."

The commitment to eco-friendly paper goes all the way to the copying machines in Scholastic's offices.

Biodegradable plastic is used in packaging, and all delivery companies — large and small — have to be running clean, fuel-efficient vehicles. All this is necessary, Graham concludes, because books will continue to be an essential, hugely important part of education and the preservation of human knowledge — far into the future.

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When not to go back to the books

► Is the job hunt getting you down? ► Speeding back into school may not be your best for future success

DREW HINSHAW
LIFE@METRONEWS.CA

Nothing makes school look rosier than unemployment. Somewhere between months one and eight of a fruitless job search, the grass on the campus lawn can appear blindingly green. But don't confuse school for a safe haven, an ivory tower to bunker in while you ride out the recession.

"There's certainly a lot of people who have chosen to do that in this economy," CareerBuilder.com advisor Allison Nawoj notes. That doesn't mean you should join the flock.

"First ask, 'Why are you thinking about going back to school?'" urges President Natascha F. Saunders of Youth Career Coaching. "If it's just, 'I can't find a job,' that's not good enough. You're spending so much time learning new curriculum that you're going to be frustrated if it's not truly a desire for you to get those additional skills."

Before you scoop out a



► Blackboards or board meetings? Which to choose?

second Stafford loan to cover two years' tuition, "take a few courses to test something out," Nawoj encourages. "There's all kinds of continuing education and evening courses offered at universities," she adds.

"Instead of enrolling at a formal program, that's a great way to get your feet wet and see if it's something you want to pursue."

If so, consider your spending habits—can you afford more university?—and your study habits: are you emotionally ready?

"People forget how you fall out of study mode," Saunders stresses. "When you've been away for a long

period of time, it's hard to get started." "But if you feel like you're in that zone, ready to hit the books, then go for it," she adds.

Timing
At some point, you'll likely need a master's degree, Saunders says. The killer question is when.

"Find some key people in that particular sector and interview them: do they have an advanced degree and if so, when did they get it?" Saunders suggests.

"See some data, some facts, what is the norm, before you jump right into it. Map it out." "It's about planning ahead," Nawoj concludes.

THEY'VE GOT LITTLE TO WINE ABOUT

► Ken Fielding and his son Curtis' business — like their award-winning wine — is only getting better with age

TURNING POINT

TERESA KRUIZE
LIFE@METRONEWS.CA



The accountant was blunt when Ken Fielding told him he was opening up a winery. "Are you mental?"

Why not just go out and buy a couple cases of wine?" But the one thing the accountant hadn't taken into consideration was the golden touch of business visionary Ken Fielding.

He got in on the ground floor when Subway Sandwiches started franchising and helped open 237 stores. His son Curtis was racing in the CASCAR circuit but during his off times would work on a farm. When his dad started talking about a winery Curtis was intrigued. That was six years ago and now Fielding Estate Winery is turning a profit, their wines are

winning numerous awards and even the skeptical accountant is impressed.

As Ken prepares to hand the reins of the business over to Curtis he is looking towards the future and creating new ventures.

His advice? "Buy a franchise. You have to stick

with it. A lot of people quit too soon."

From Subway Sandwiches and stock cars to award-winning Canadian wine, Ken and Curtis Fielding have taken the checked flag and are on their way to the winner's circle.

Good grapes

Ontario wine facts:

- The Grape and Wine sector generates more than \$100 million in wages and salaries
- The wine industry generates \$533 million in retail

sales (2010)

- More than 1 million people visit Ontario wineries every year
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Quoted



"Now I know I can stick and I can play with these guys. I knew I could before, but it's just a question of me getting the opportunity."

LANGLEY, B.C.'S BRETT LAWRIE, WHO HIT HIS FIRST MAJOR-LEAGUE HOME RUN IN THE TORONTO BLUE JAYS' 7-2 WIN IN BALTIMORE YESTERDAY.

LAWRIE MADE HIS MLB DEBUT FRIDAY AGAINST THE ORIOLES AND DURING A MEMORABLE SERIES HIT .455.

Caddie. Smacked



► Tiger Woods hits from a bunker of the World Golf Championships — Bridgestone Invitational yesterday in Akron, Ohio.

ANDY LYONS/GETTY IMAGES

Ex-caddie, Scott rejoice in win, Tiger falls out of contention

After missing three months with a leg injury, Tiger Woods finished a tournament for the first time since the Masters in April and closed with a 70 yesterday to tie for 37th. Adam Scott was nearly flawless to earn his first World Golf Championship title. He celebrated with a caddie who has won quite a few more. Steve Williams, fired last month by Tiger Woods after a 12-year partnership, felt like a bigger winner when Scott rolled in one last birdie for a 5-under 65 and a four-shot victory in the Bridgestone Invitational. Williams, who carried Woods' bag for 72 wins — including 13 majors and 16 world titles — called it "the best win of my life." **THE ASSOCIATED PRESS**

Junior judgment underway

► Level of Team Canada's talent will depend largely on which players can stick with NHL clubs

A final chore of summer camp for the coaches of Canada's junior men's hockey team was posting the names of the 47 invitees on a white board in order of preference.

That doesn't mean head coach Don Hay and his crew are going to get who they want.

The names are on movable cards, so Hay, assistants George Burnett and Ryan Huska and Hockey Canada head scout Kevin Prendergast could shuffle according to their opinions. The depth chart was

to be assembled following yesterday's intra-squad game in Fort McMurray, Alta., to conclude the six-day camp.

But once the hockey season starts, those names will circulate around that white board, and NHL club commitments could cause some to disappear.

There was enough talent on display at the summer camp in Edmonton to indicate Canada can win gold at the 2012 world junior hockey championship starting Dec. 26 in Edmonton and Calgary.

"At this tournament, we're going to take the players who are playing really well going into it."

HOCKEY CANADA HEAD SCOUT
KEVIN PRENDERGAST

The goaltenders were solid and the defencemen were deep in size and talent. The forwards have the skill and smarts to play a shifty brand of offence.

How much of that talent will be available to Hay in December? Hay may be

forced to look lower on the white board when he chooses about 35 for his selection camp in Calgary.

"You look at the high draft picks, the second-year players, there's a good possibility they might not be here so you have to evaluate," Hay said. "For us, we have to have a feel for where that depth chart is, what type of players we're looking for to fill in the holes and then watch how they play in September and October."

After a run of five straight gold medals from

2005 to 2009, Canada took silver in 2010 in Saskatoon and was runner-up again this year in Buffalo, N.Y.

There are seven players eligible to play for Canada a second straight year. They would provide valuable experience in a tournament for 18- and 19-year-olds. Goaltender Mark Visentin, defenceman Erik Gudbranson and forwards Brett Connolly, Sean Couturier, Quinton Howden, Ryan Johansen and Jaden Schwartz are all possible returnees.

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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	70	43	.619	—
New York	69	44	.611	1
Tampa Bay	59	54	.522	11
Toronto	58	56	.509	12½
Baltimore	44	67	.396	25

CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	61	53	.535	—
Cleveland	56	56	.500	4
Chicago	55	58	.487	5½
Minnesota	51	63	.447	10
Kansas City	49	65	.430	12

WEST DIVISION				
	W	L	Pct	GB
Texas	64	51	.557	—
Los Angeles	63	52	.548	1
Oakland	51	63	.447	12½
Seattle	49	64	.434	14

Yesterday's results
Toronto 7 Baltimore 2
Oakland 5 Tampa Bay 4 (10 ings)
Chicago White Sox 7 Minnesota 0
Kansas City 4 Detroit 3
L.A. Angels 2 Seattle 1
Texas 5 Cleveland 3
Boston 3 N.Y. Yankees 2 (10 ings)
Boston 10 N.Y. Yankees 4
Baltimore 6 Toronto 2
Chicago White Sox 6 Minnesota 1
Detroit 4 Kansas City 3
Oakland 8 Tampa Bay 0
Cleveland 7 Texas 5
Seattle 5 L.A. Angels 1
Tonight's games
All Times Eastern
Chicago White Sox (Danks 4-9) at Baltimore (Guthrie 5-15), 7:05 p.m.
Boston (Wakefield 6-4) at Minnesota (S.Baker 8-6), 7:10 p.m.
Kansas City (Hochevar 8-8) at Tampa Bay (Hellickson 10-7), 7:10 p.m.
Seattle (Furbush 2-3) at Texas (M.Harrison 9-8), 8:05 p.m.
Tomorrow's games
Chicago White Sox at Baltimore, 7:05 p.m.
Detroit at Cleveland, 7:05 p.m.
L.A. Angels at N.Y. Yankees, 7:05 p.m.
Oakland at Toronto, 7:07 p.m.
Kansas City at Tampa Bay, 7:10 p.m.
Seattle at Texas, 8:05 p.m.
Boston at Minnesota, 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	74	40	.649	—
Atlanta	66	49	.574	8½
New York	56	57	.496	17½
Florida	55	59	.482	19
Washington	55	59	.482	19

CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	65	50	.565	—
St. Louis	62	53	.539	3
Cincinnati	55	59	.482	9½
Pittsburgh	54	59	.478	10
Chicago	49	66	.426	16
Houston	37	77	.325	27½

WEST DIVISION				
	W	L	Pct	GB
San Francisco	63	52	.548	—
Arizona	62	52	.544	½
Colorado	53	62	.461	10
Los Angeles	52	61	.460	10
San Diego	51	64	.443	12

Yesterday's results
Atlanta 6 N.Y. Mets 5
St. Louis 8 Florida 4
San Diego 7 Pittsburgh 3
Milwaukee 7 Houston 3
Cincinnati 8 Chicago Cubs 7
Washington 3 Colorado 2
San Francisco 3 Philadelphia 1
Arizona 4 L.A. Dodgers 3
Saturday's results
Chicago Cubs 11 Cincinnati 4
Philadelphia 2 San Francisco 1
Milwaukee 7 Houston 5
San Diego 13 Pittsburgh 2
N.Y. Mets 11 Atlanta 7
St. Louis 2 Florida 1
L.A. Dodgers 5 Arizona 3
Colorado 15 Washington 7
Tonight's games
All Times Eastern
Atlanta (D.Lowe 6-10) at Florida (Hand 1-3), 7:10 p.m.
Colorado (Hammel 6-11) at Cincinnati (H.Bailey 6-5), 7:10 p.m.
San Diego (Stauffer 7-8) at N.Y. Mets (Pelfrey 6-9), 7:10 p.m.
Washington (Wang 0-2) at Chicago Cubs (Garza 5-8), 8:05 p.m.
Houston (W.Rodriguez 7-8) at Arizona (D.Hudson 11-7), 9:40 p.m.
Philadelphia (Halladay 14-4) at L.A. Dodgers (Kuroda 7-13), 10:10 p.m.
Pittsburgh (Morton 8-6) at San Francisco (Vogelsong 9-1), 10:15 p.m.

BLUE JAYS 7, ORIOLES 2

Toronto	ab	r	h	bi	Baltimore	ab	r	h	bi
RDavis lf	5	1	0	0	Andino ss	4	0	1	0
YEscor ss	5	0	1	0	Markis rf	3	0	1	0
Bautist rf	5	0	1	2	AdJons cf	4	0	0	0
Lind dh	5	0	0	0	Guerr dh	4	0	0	0
Encnc 1b	4	2	3	0	MrRynl 1b	3	2	2	2
Rasms cf	4	1	2	0	Reimld lf	3	0	0	0
Arenci c	4	1	1	2	Tatum c	3	0	0	0
JMcDnl 2b	4	0	3	2	J.Bell 3b	3	0	0	0
Lawrie 3b	4	2	2	1	Ctzturs 2b	1	0	0	0
					BDavis 2b	2	0	1	0
					Totals	30	2	5	2

Totals 40 7 13 7
Toronto 002 301 010 7
Baltimore 000 010 100 2
E—J.Bell (1), DP—Toronto 2, LOB—Toronto 6, Baltimore 2, 2B—Bautista (19), Encarnacion (28), Rasmus (4), Arencibia (13), Jo.McDonald (6), Andino (12), B.Davis (3), HR—Lawrie (1), Mar.Reynolds 2 (26), SB—R.Davis (34), CS—Jo.McDonald (4).

Toronto IP H R ER BB SO
R.Romero W,10-9 8 4 2 2 0 5
Janssen 1 1 0 0 0 1
Baltimore IP H R ER BB SO
Simon L,3-5 52-3 10 6 4 0 3
Bergesen 3 3 1 1 0 0 4
M.Gonzalez 1-3 0 0 0 0 0 0
HBP—by R.Romero (Markakis).
Umpires—Home, Bob Davidson; First, Lance Barrett; Second, Brian Knight; Third, Jerry Layne.
T—2:25, A—13,824 (45,438).

SATURDAY

ORIOLES 6, BLUE JAYS 2

Toronto	ab	r	h	bi	Baltimore	ab	r	h	bi
YEscor ss	3	0	0	0	Andino ss	3	2	0	1
ETHms lf	4	0	0	0	Markis rf	4	0	0	0
Bautist rf	3	0	0	1	AdJons cf	4	1	2	4
Lind lb	4	0	1	0	Guerr dh	3	0	0	0
Encnc dh	3	0	1	0	Wieters c	3	0	0	0
Rasms cf	3	1	1	1	MrRynl 1b	3	0	0	0
A.Hill 2b	3	0	0	0	Reimld lf	3	1	1	0
J.Molin c	2	1	0	0	J.Bell 3b	2	1	0	0
Lawrie 3b	3	0	1	0	BDavis 2b	3	1	1	0
Totals	28	2	4	2	Totals	28	6	4	5

Toronto 010 001 000 2
Baltimore 000 004 02x 6
E—Rasmus (1), Y.Escobar (10), DP—Baltimore 2, LOB—Toronto 2, Baltimore 0, HR—Rasmus (1), Ad.Jons (20), SF—Bautista.
Toronto IP H R ER BB SO
Morrow L,8-6 72-3 4 6 3 1 6
Camp 1-3 0 0 0 0 0 0
Baltimore IP H R ER BB SO
Tillman W,3-4 7 4 2 2 1 5
J.Johnson H,15 1 0 0 0 0 2
Gregg 1 0 0 0 0 0
HBP—by Morrow (Andino), by Tillman (Y.Escobar).
Umpires—Home, Jerry Layne; First, Bob Davidson; Second, Lance Barrett; Third, Brian Knight.
T—2:09, A—19,396 (45,438).

NATIONWIDE COX CLASSIC

At Omaha, Neb.
Par 71 — Final Round
J.J. Killen 66-64-63-69—262
Jonas Blixt 69-67-63-64—263
Ken Duke 66-63-68-66—263
Gary Christian 72-62-64-65—263
Dannay Lee 64-67-66-66—263
Also 72-64-64-69—269
Bryan DeCorso 70-65-71-67—273
Richard T. Lee

CHAMPIONS 3M CHAMPIONSHIP

At Blaine, Minn.
Par 72 — Final Round
Jay Haas, \$262,500 64-69-68—201
Kenny Perry, \$128,333 66-70-66—202
Tom Lehman, \$128,333 65-69-68—202
Peter Senior, \$128,333 65-67-70—202
Also 72-70-67—209
Jim Rutledge, \$11,834 65-72-72—209
Rod Spittle, \$11,834

CFL

WEEK SIX

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Winnipeg	6	5	1	0	152	113	10		
Montreal	6	4	2	0	195	152	8		
Hamilton	6	3	3	0	152	144	6		
Toronto	6	1	5	0	128	178	2		

WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Edmonton	6	5	1	0	169	127	10		
Calgary	6	4	2	0	149	137	8		
B.C.	6	1	5	0	150	172	2		
Saskatchewan	6	1	5	0	112	184	2		

Saturday's result
Calgary 32 Hamilton 20
Friday's results
B.C. 24 Saskatchewan 11
Winnipeg 28 Edmonton 16
Thursday's result
Montreal 36 Toronto 23

SATURDAY

TICATS 20 AT STAMPEDE'S 32

At Calgary
First Quarter
Cal — TD Taylor 25 pass from Burris (Paredes convert) 4:09
Ham — FG Medlock 52 7:34
Cal — FG Paredes 35 10:49
Ham — TD Stale 7 pass from Glenn (Medlock convert) 12:56
Second Quarter
Ham — TD Cobourne 6 run (Medlock convert) 9:01
Cal — FG Paredes 21 13:00
Ham — FG Medlock 42 15:00
Third Quarter
Cal — TD Reynolds 1 run (Paredes convert) 5:32
Cal — Single Dales 74 8:29
Cal — FG Paredes 35 12:28
Fourth Quarter
Cal — Single Paredes 54 2:17
Cal — TD Cornish 3 run (Paredes convert) 13:59
Hamilton 10 10 0 0 20
Calgary 10 3 11 8 32
Attendance — 29,307.
TEAM STATISTICS

	Ham	Cal
First downs	21	25
Yards rushing	71	88
Yards passing	211	341
Total offence	282	429
Team losses	0	2
Net offence	282	427
Passes made-ried	20-34	27-39
Return yards	74	147
Intercepts-yards by	0-0	1-0
Fumbles-lost	0-0	0-0
Sacks by	0	0
Punts-average	8-42.8	5-54.4
Penalties-yards	7-81	6-92
Time of possession	26:32	33:28

Net offence is yards passing, plus yards rushing, minus team losses such as yards lost on broken plays.
INDIVIDUAL STATISTICS
Rushing: Ham — Cobourne 15-67, Glenn 1-2, Porter 1-2; Cal — Reynolds 10-41, Burris 2-22, Cornish 4-19, Tate 3-6.
Receiving: Ham — Kelly 5-92, C.Williams 6-48, Stala 3-31, Brown 1-13, Thigpen 2-8, Cobourne 1-8, Mackay 1-7, Grant 1-4; Cal — Lewis 7-87, Forzani 2-68, Reynolds 4-47, Cornish 2-44, Taylor 4-37, Arthur, 3-25, Bryant 3-13, Talley 1-12, Parker 1-8.
Passing: Ham — Glenn 20-34, 211 yards, 1 TD, 1 int; Cal — Burris 27-39-341-1-0.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	23	9	7	7	24	22	34
Philadelphia	22	8	5	9	27	20	33
Kansas City	23	7	7	9	32	30	30
New York	24	6	6	12	37	33	30
Houston	23	6	7	10	28	28	28
D.C. United	21	6	6	9	29	33	27
New England	23	4	10	9	22	33	21
Toronto	25	3	11	11	24	46	20
Chicago	22	2	7	13	23	30	19

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	25	13	3	9	35	20	48
Dallas	24	12	6	6	31	24	42
Seattle	24	11	5	8	35	27	41
Colorado	25	9	6	10	35	31	37
Real Salt Lake	21	10	5	6	30	16	36
Chivas USA	23	7	8	8	30	26	29
Portland	22	7	10	5	28	35	26
San Jose	23	5	8	10	25	30	25
Vancouver	23	3	11	9	25	36	18

Note: Three points for a win, one for a tie.
Last night's result
Vancouver 4 Chicago 2
Saturday's results
Toronto 3 D.C. United 3
Chivas USA 3 New England 2
Houston 1 Philadelphia 1
Los Angeles 3 Dallas 1
Portland 1 San Jose 1
Real Salt Lake 3 New York 0
Seattle 2 Kansas City 1

ENGLAND

PREMIER LEAGUE

COMMUNITY SHIELD
Yesterday's result
At Wembley Stadium
Manchester City 2 Manchester United 3
LEAGUE CHAMPIONSHIP
Yesterday's result
West Ham 0 Cardiff 1

FRANCE

LIGUE 1

Yesterday's results
Bordeaux 1 Saint-Etienne 2
Dijon 1 Rennes 5

GERMANY

BUNDESLIGA

Yesterday's results
Bayern Munich 0 Borussia Moenchengladbach 1
Mainz 2 Bayer Leverkusen 0

SCOTLAND

PREMIER LEAGUE

Yesterday's results
Aberdeen 0 Celtic 1
Motherwell 1 Hearts 0

UNDER-20 WORLD CUP

FIRST ROUND

GROUP C
Saturday's results
At Pereira, Colombia
Ecuador 3 Costa Rica 0
At Manizales, Colombia
Spain 5 Australia 1
GROUP D
Saturday's results
At Pereira, Colombia
Nigeria 2 Saudi Arabia 0
At Armenia, Colombia
Guatemala 1 Croatia 0

WTA MERCURY INSURANCE OPEN

At Carlsbad, Calif.
Singles — Championship
Agnieszka Radwanska (3), Poland, def. Vera Zvonareva (1), Russia, 6-3, 6-4.
Doubles — Championship
Kveta Peschke, Czech Republic, and Katarina Srebotnik (1), Slovenia, def. Raquel Kops-Jones and Abigail Spears, U.S., 6-0, 6-2.

ATP LEGG MASON CLASSIC

At Washington
Singles — Championship
Radek Stepanek, Czech Republic, def. Gael Monfis (1), France, 6-4, 6-4.
Doubles — Championship
Michael Llodra, France, and Nenad Zimonjic (3), Serbia, def. Robert Lindstedt, Sweden, and Horia Tecau, Romania, 6-7 (3), 7-6 (6), 10-7 tiebreak.

ATP BET-AT-HOME CUP KITZBUHEL

At Kitzbuehel, Austria
Singles — Championship
Robin Haase, Netherlands, def. Albert Montanes, Spain, 6-4, 4-6, 6-1.
Doubles — Championship
Daniele Bracciali, Italy, and Santiago Gonzalez (4), Mexico, def. Franco Ferreira and Andre Sa, Brazil, 7-6 (1), 4-6, 11-9.

ODLUM BROWN VANOPEN

At Vancouver
MEN
Singles — Championship
James Ward (5), Britain, def. Robby Ginepri, U.S., 7-5, 6-4.
Doubles — Championship
Treat Conrad Huey, Philippines, and Travis Parrott (2), U.S., def. David Martin, U.S., and Jordan Kerr, Australia, 6-2, 1-6, 16-14.
WOMEN
Singles — Championship
Aleksandra Wozniak, Blainville, Que., def. Jamie Hampton, U.S., 6-3, 6-1.

CYCLING

TOUR DE POLOGNE

At Krakow, Poland
Seventh (Final) Stage
128 kilometres
1. Marcel Kittel, Germany, Skil-Shimano, two hours, 50 minutes, zero seconds; 2. Peter Sagan, Slovakia, Liquigas, same time; 3. Howard Leigh, Australia, HTC-Highroad, s.t.; 4. Heinrich Haussler, Australia, Garmin-Cervelo, s.t.; 5. Marco Marcato, Italy, Vacansoleil-DCM, s.t.; 6. Lucas Sebastian Haedo, Argentina, Saxo Bank SunGard, s.t.; 7. Nikolay Trussov, Russia, Katusha, s.t.; 8. Ian Stan-nard, Britain, Sky ProCycling, s.t.; 9. Jan Bakelants, Belgium, Omega Pharma-Lotto, s.t.; 10. Sergey Lagutin, Uzbekistan, Vacansoleil-DCM, s.t.
OVERALL STANDINGS
(final after seven stages)
1. Peter Sagan, Slovakia, 26 hours, 39 minutes, 58 seconds; 2. Marco Marcato, Italy, 26:40:06; 3. Daniel Martin, Ireland, 26:40:06; 4. Wout Poels, Netherlands, 26:40:23; 5. Peter Kennaugh, Britain, 26:40:25; 6. Rinaldo Nocentini, Italy, 26:40:28; 7. Bartosz Huzarski, Poland, 26:40:28; 8. Christophe Riblon, France, 26:40:28; 9. Stephen Cummings, Britain, 26:40:28; 10. Marek Rutkiewicz, Poland, 26:40:32.

LOVE TO PLAY?

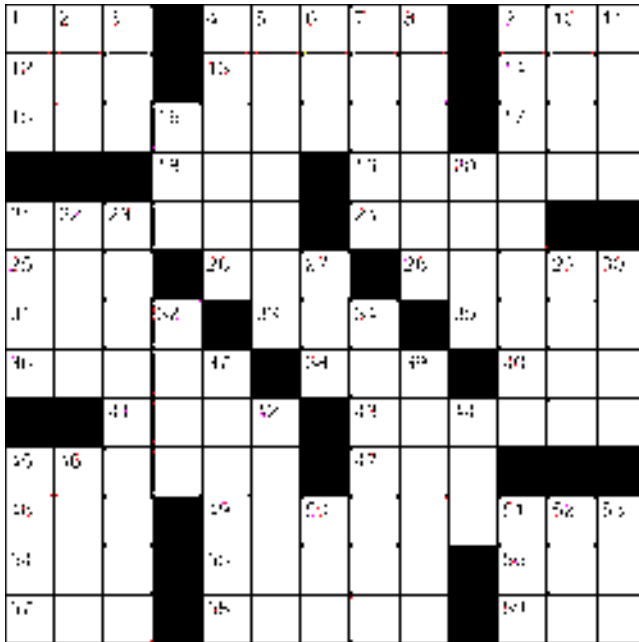
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Crossword

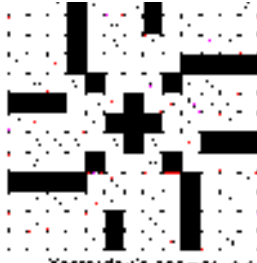
Across

- 1 Bar bill
4 Perspire
9 Use a crowbar
12 Knight's address
13 Actress Berry
14 Fish eggs
15 Alternative to a jail term
17 Eggs
18 Rhyming tribute
19 Vacuum brand
21 Salt companion
24 Opposed to
25 "— Town"
26 Congeal
28 Cord fiber
31 Cattle drive tool
33 Pooch
35 Location
36 Couches
38 Sphere
40 End for ball or bass
41 Western state
43 Basketball's Mr. Mourning
45 PBS "Street"
47 Extinct bird
48 Spoon-bender
Geller
49 Raise accompaniment, often
54 Id counterpart
55 Bounded along
56 That girl
57 Boxing promoter
King
58 Contest submission
59 Cut the grass
Down
1 Recipe meas.
2 Atmosphere



- 3 Kinsman, for short
4 Sunglasses
5 Irrigated
6 Inventor Whitney
7 Hawaiian greeting
8 Mortises' mates
9 Conditional stipulation
10 Wander
11 365 days
16 Jazz style
20 Elevator name
21 Bursts
22 Modern-day money
23 Lavish supply
27 Also
29 The gamut
30 Letterman rival
32 Information
34 "Frasier" star Kelsey
37 Taste
39 Sanguinary
42 Egret's cousin
44 Cheerios ingredient
45 Took to court
46 Therefore
50 Choose
51 Doctrine
52 Discoverer's call

Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►



A look at the weather

TODAY
Min 12°
Max 23°

TOMORROW
Min 14°
Max 23°

WEDNESDAY
Min 14°
Max 24°

Michele McDougall
Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20 Certain people will start playing emotional games over the next 24 hours, but now that you know that, you will be able to avoid getting emotional yourself.
♉ Taurus April 21-May 21 You must not allow others to restrict the way you do things.
♊ Gemini May 22-June 21 Love and laughter are what you need most.
♋ Cancer June 22-July 22 Try not to get so bogged down in your work that loved ones start to wonder if you no longer want them

around.
♌ Leo July 23-Aug. 23 No one expects you to be perfect, so don't expect it of yourself.
♍ Virgo Aug. 24-Sept. 22 Someone in a position of power, someone whose support you are going to need in the future, can be and should be flattered shamelessly today.
♎ Libra Sept. 23-Oct. 23 Put the finishing touches to something you started a long time ago, then move on to something new.
♏ Scorpio Oct. 24-Nov. 22 Focus on what makes you smile.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 Make sure your own actions are above reproach.
♑ Capricorn Dec. 22-Jan. 20 Make an effort to stay on good terms with people whose position and influence could be of value to you in the future.
♒ Aquarius Jan. 21-Feb. 18 Do only what feels right to you.
♓ Pisces Feb. 19-March 20 If you let your heart rule your head today there is a danger you could lose out financially.
SALLY BROMPTON

Caption contest



"I just ate a funny bone."
MARNIE



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Consumers should read the following: All offers include Delivery & Destination (\$1,495 for Kizashi/\$1,395 for SX4/\$1,595 for Grand Vitara models), \$100 A/C Excise Tax (where applicable), \$20 Tire Tax, \$399 Dealer administration Fee. Offers exclude PPSA up to \$72 (when financing), applicable taxes, license, registration, insurance and a down payment of \$2,300/\$1,900/\$2,200. Vehicles may not be exactly as shown. These offers cannot be combined with any other and are subject to change without notice. Dealers may sell for less. See participating dealers for details. *Limited time finance offers available O.A.C. Special bi-weekly purchase finance offers are available on 2011 Kizashi SX iAWD Model 6B23V41 (Selling Price \$30,209), 2011 SX4 Hatchback JX iAWD with manual transmission Model H3NB2J1 (Selling Price \$21,749) and 2011 Grand Vitara JX 4WD automatic transmission Model L2TB5T1 (Selling Price \$27,299) for a 72 month term. Selling prices include Delivery & Destination (\$1,495/\$1,395/\$1,595), \$100 A/C Excise Tax (where applicable), \$20 Tire Tax and \$399 Dealer Administration Fee and exclude PPSA up to \$72 (when financing), applicable taxes, license, registration, insurance and a down payment of \$2,300/\$1,900/\$2,200. The bi-weekly 72 month payment interest rates are based on 2011 Kizashi SX iAWD @ 0.9%, 2011 SX4 Hatchback JX iAWD @ 0% and 2011 Grand Vitara JX 4WD @ 0% purchase financing, bi-weekly payments are \$199/\$139/\$175 with \$2,300/\$1,900/\$2,200 down payment. Cost of borrowing is \$1,631/\$0/\$0 for a total obligation of \$31,840/\$21,749/\$27,299. Offer valid until August 15, 2011. ¹When properly equipped.

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